

INVITATION TO EXCEL

This column is written by graduates who feel that attendance at AMSC has influenced their job performance and personal life in a positive way. Please contact us if you wish to contribute an article for this column.

I recently made my first return visit to attend an AMSC Alumni Association gathering. As if on auto pilot, I parked in the garage of the Radisson Mark **Plaza** Hotel, giving me the opportunity to cross through the hotel to make my way to the Retreat. I could certainly empathize with Terry **Brashley**, last issue's contributor to "Visions of the Past," as he nostalgically wandered through the Radisson in its post AMSC era. But for me, nostalgia hit when I realized I was the only 90-2 graduate there! Then a recent graduate (whippersnapper comes to mind) proudly announced that the number of Fort **Belvoir** graduates was now overtaking the Radisson crowd! So much for respect for elders... I did take some solace in several current AMSC students, who asked in an incredulous tone, "You really went to AMSC here?"

As I reflect on all of the positive contributions AMSC has made to my professional development, it is actually the one it made to personal development for which **I** am most appreciative. It began as a threat, or at least that's how I saw it at the time. When **I** learned I had been selected for AM SC, it wasn't the academics that frightened me, it was the PT test! Why? Because I was convinced I would either humiliate myself or die! For those I have not met, perhaps a point of clarification is in order. Then at age thirty-four and with no health issues, **I** had no excuse to either be humiliated or die. But the truth is, when it came to fitness and diet, I had nowhere to go but up. While I was ready to make changes, AMSC provided the needed catalyst.

I can only imagine what my German neighbors thought as I decided to prepare for my upcoming PT test by running through the neighborhood. Running is really not the optimum word here, since I would run 20 feet and walk the next two blocks. To make matters worse, I hate running! But fear can be a great **motivator**, so I kept up this rather pitiful regiment for the six weeks leading to my departure for Washington.

Much to my relief upon arrival, I learned a **PT** test was not a requirement. However, part of the course preliminaries included a basic medical screening. **I**

learned the body fat for a woman my age should range from 21 to 27 percent. At 114 pounds **I** was a whopping 31 percent body fat with a cholesterol of 251. I still have that register tape giving me my readout, but as you may have guessed by now, those numbers are history.

I gratefully gave up running and found that my love is aerobics. My first attempts in aerobics class were as pitiful as the running, but those years of dance class finally paid off. Once **I** could build up enough stamina to move AND breathe, the aerobic routines began to come naturally, and a healthier diet gave me energy to find my way to aerobics class at the end of a long day.

No, I'm not a Jane Fonda or Kathy Smith, but I have faithfully maintained a three-times-a-week minimum workout regiment. I reduced my body fat to 29 percent during the fourteen weeks and that was before **I** added weight training to my workouts. Now stairs or bags of groceries are no effort. My most recent cholesterol reading was 187, and I now have the much needed energy for those long days at the office.

So for those of you who have always been or are today healthy and physically fit, I congratulate you! But for those who **struggle** to make and maintain those lifestyles changes, I want you to know that if I could do it, so can **you!!!** I'd love to hear from you! And if you're in Washington, let me share with you that wonderful Army heritage that is Fort Myer, Fort McNair, and Arlington National Cemetery!

Bianca Warner
90-2

GRADUATE NEWS

Information appears in **GRADUATE NEWS** about those who have been promoted, moved to a new position, or selected for further educational opportunities. In order to keep this information up-to-date, we request that the Class Scribes or the affected individual forward any information regarding student promotions or movements to the Editor. To update your work and home addresses, please contact the Registrar at (703) 805-4757/67 or DSN 655-4757/67.

PILOT

POC: Mike Early, (410) 278-1189. Peggy Paine was promoted to **GS-15** as the Director of Administration and Services at ALMC; Wes Truscott is now Deputy

Commander, Fort Oral, until it closes and then will join the Defense Language Institute, Monterey, CA.

88-1:

Poe: Mary Marineau, (703) 274-4527 or DSN 284-4527.

89-1:

Poe: Mary **Dakis**, (703) 697-1414 or DSN 227-1414.

89-2:

POC: David **Nickum**, CAE-LINK, 501 Delaware, Leavenworth, KS 66048, (913) 651-7480.

89-3:

POC: Dian Stoskopf, (202) 475-2520 or DSN 335-2520.

90-1:

POC: Mark **Checchia, J20-1**, Requirements, The Pentagon, Washington, DC 20340, (703) 614-5555/5041 or DSN 224-5555/5041. Thanks to Tereasa Coady for volunteering to be the temporary Class Scribe while Mark was away in Italy. Mary Brown was promoted to LTC; John **Tomko** is now with OSD as the Program Manager for Military Support to Civil Authorities and Military Assistance for Civil Disturbances, room **1D460**, (703) 697-5454 or DSN 227-5454; **Carole** Birkhead is Director, Equal Employment Opportunity Office, Inspector General, Department of Defense (703) 604-9708 or DSN 664-9708.

90-2:

POC: Richard O'Connell, (314) 596-0637 or DSN 581-5127. Viola **Britt** can be reached at (804) 734-2680 or DSN 539-2680 at the Curriculum Development Center, Fort Lee, VA.

90-3:

POC: Anita Sharninghouse, (419) 221-9503 or DSN 786-6223.

91-1:

POC: Karla Timmonds, (703) 617-7599 or DSN 850-6003. MAJ Hewitt (**Juiji**) has been assigned to the Defense Nuclear Agency as a Program Manager, Washington, DC, (703) 325-2251, and has made the LTC list; MAJ **Kathryn** Nichols is now assigned to the U.S.

Army Logistics Evaluation Agency, New Cumberland, PA, as a Logistics Staff Officer, (717) 770-7848.

91-2:

POC: Dale **Abrahamson**, (804) 727-4227 or DSN 680-4227. Robert **Buckingham** retired from federal service; Rich Wightman is now a Team Leader, Integration Cell, Army Doctrine Directorate, Deputy Chief of Staff for Doctrine, Fort Monroe, VA, DSN 680-3089; Gordon Goodwin is now a member of the TRADOC Analysis Command, Fort Lee, VA.

91-3:

POC: Donald Crissup, (703) 614-0315 or DSN 224-0315. Anna Carter has been promoted to **GS-13** and is now the Logistics Management Specialist, Maintenance Division, Supply and Maintenance Directorate, Headquarters, Department of the Army, (703) 614-7051 or DSN 224-705 1; LTC Ron Borden is now a Congressional Affairs Contact Officer, Washington, DC.

92-1:

POC: Bill Noxon has left the Army to take a promotion to **GS-14** as the Public Information Officer, National Education Goals Panel, Washington, DC, (202) 632-0952. He will remain the class scribe. His work address is: Suite 270, 1850 M Street, NW, Washington, DC 20036. This will change in approximately five months. Gary Gillette was promoted to **GS-14** and is the Supervisory Information Systems Management Specialist and Director of Technology and Analysis, Office of the Deputy Chief of Staff for Information Management, Training and Doctrine Command, Fort Monroe, VA; Rose Robinson left the Army and is now a Project Manager with CACI, Arlington, VA.

92-2:

POC: Terry **Brashley**, (913) 684-5511 or DSN 552-551

92-3:

POC: **Joelle Garlow**, (404) 669-5783 or DSN 367-5783. **Joelle** has been promoted to **GS-13**; Randy Robinson transferred to Fort Bragg as the Plans Program Officer, U.S. Army Garrison; Kathy **Marullo** is now a Logistics Management Specialist, Headquarters FORSCOM, FORSCOM Redistribution Center, Fort McPherson, GA 30330, (404) 752-4406 or DSN 572-4406; Bruce **Schoch** is the Network Manager, Curriculum Development Center, **ATTN: ATCL-A**, Fort Lee, VA 23801-6000,

DSN 687-7059; Mike Ackerman is an Environmental Officer, Directorate of Public Works, Fort Bragg, NC, DSN 236-6518; Anita Casanova is with the Directorate of Resource Management, Analysis Branch, ATCOM, St. Louis, MO, DSN 693-2731; Dave Day is Chief, U.S. Army Non-Tactical Vehicle Office, DCSLOG, HQ USAREUR, Unit 29351, APO AE 09014; John Ferdon has been temporarily promoted to GM-14; Gary Baker left DOD for the Department of Education, Washington, DC.

93-1:

POC: Kevin Hoffman, (804) 727-2324 or DSN 680-2324. Linda Alderman, the wife of the late Joe Alderman, sends thanks for the concern and care expressed by his classmates at the time of his death. Marta Bailey is a Senior Research Psychologist, Commander, 7th Army Training Command, **ATTN:** AEAGC-TD-TA, Unit 28130, APO AE 09114-5413; Nancy Bottini is on a temporary assignment as the Associate Director for Professional Development, American Society of Military Comptrollers, Intergovernmental Personnel Act Mobility Program, ASMC, 225 Reinekers Lane, Suite 250, Alexandria, VA 22314, 1-800-462-5637; John Hendrickson is now a Logistics Management Specialist, Office of the Deputy Chief of Staff for Logistics, (703) 695-4151 or DSN 225-4151; Gary May was promoted to **GS-13**, Resource Acquisition Support Analyst, Office of the Deputy Chief of Staff for Doctrine, Headquarters, TRADOC, (804) 727-3691, DSN 680-3691.

93-2

POC: Deborah Harmond, (404) 669-6276 or DSN 367-6276. Sheldon **Shealer** was promoted to **GS-13** and is now Chief, Strategic Plans and Materiel Division, U.S. Army Medical Materiel Agency, (301) 619-7353 or DSN 343-7353; Annette Kuz has been promoted to **GS-13** and is an Assistant Counsel with the U.S. Army Corps of Engineers, Humphreys Engineer Center Support Activity, Alexandria, VA, (703) 355-2160.

NONRESIDENT PILOT PROGRAM

POC: Cliff Letts, (804) 878-4714/4632 or DSN 927-4714/4632 or Fax (804) 878-1454 or DSN 927-1454, or **lettsc2eustis-emh1.army.mil**. The following individuals are now in the Combat Training Support Directorate with the Army Training Support Center, Fort Eustis, VA. Cliff is Chief, Instrumentation and has also been assigned in the Army Reserve as Deputy Assistant Commandant,

U.S. Army Aviation Logistics School; George Burns is Chief, Technical Support Division; Jim Hughes is the Senior Logistician; and Ralph Lembke is a Training Specialist with the Tactical Engagement Systems.

93-3:

POC: Jean Turner, (703) 274-8266 or DSN 284-8266. Rita Savage has been promoted to GS-13 and is the Team Leader, Curriculum Development Center, Combined Arms Systems Command, Fort Lee, VA; David Shafii has been promoted to **GS-13** and is the Deputy Director of Engineering and Housing, Darmstadt Military Community, GE, DSN 348-1560/7122.

94-1:

POC: Ann L. Turnmeyer, (205) 842-7388 or DSN 788-7388.

94-2

POC: George S. **Polich**, (206) 967-0157 or DSN 357-0157.

94-3:

POC: Martha Knott, 11012 Donneita Drive, Huntsville, AL 35810, (205) 852-0174. Martha will also be able to take faxes on this line. Her work phone number is (205) 876-3251 or DSN 746-3251.

95-1:

POC: Susie B. Russell, 5th Squadron, 16th Cavalry Regiment, **ATTN: ATSB-SBE**, Fort Knox, KY 40121-5212. Her work phone number is (502) 624-2535/7343 or DSN **464-2535/7343**. You can fax to her at (502) 624-5708.



“Although completion of the course proved to be very challenging, **I** cannot express the degree of my growth in mere words. It’s a matter of having a total makeover, in knowledge, awareness, attitude, behavior, motivation, and understanding of my responsibilities as an employee of the U.S. Army.”

Graduate
94-2